

CIVILITY: Respectful Treatment Matters



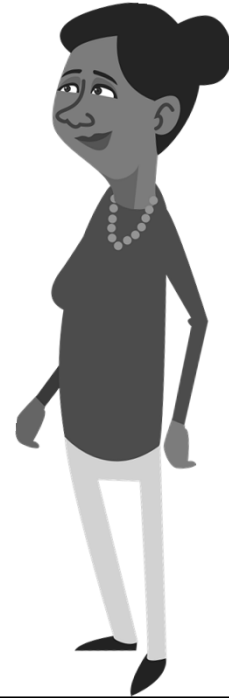
Consider a time when:

- You had to wait in a long line
- You were treated disrespectfully
- Your concerns weren't taken seriously



How do you wish you had been treated?

- Respectfully (with eye contact, addressed by name)
- Given an explanation
- Invited to ask questions and be heard



As professionals, what do we want?

What do the people the court serves want?



RESPECT

Treatment of court participants that validates them as human beings, including:

- Addressing defendants as individuals
- Recognizing that a defendant's case is very important to them

How court staff treat one another can also show that court is a place of mutual

Not Just for Defendants

All court participants are influenced by respectful treatment:

- Jurors, witnesses, victims
- Attorneys
- Family members, press, students, other observers

PROCEDURAL JUSTICE

People are more likely to accept decisions, comply with court orders and the law when they:

- Believe they were treated with dignity and respect
 - Understand the process
 - Had a chance to be heard (voice)
 - Believe the decision-making process is neutral and unbiased (neutrality)
- It is also proven to increase the public's trust in the system.



Benefits of procedural justice

Increased compliance means:

- Fewer violations, revocations, and returns
- Compliance with the law generally (*i.e.*, reduced recidivism)
- Smaller dockets
- Cost and resource savings

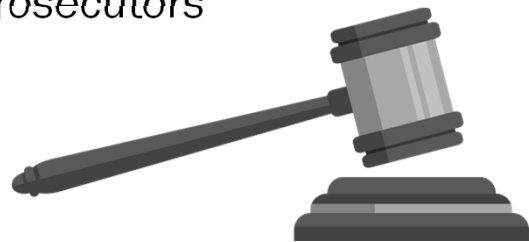


Influence of court professionals

Which court professionals influence perceptions of fairness most?

1. Judges
2. Defense attorneys
3. Court officers and prosecutors (tied for third)

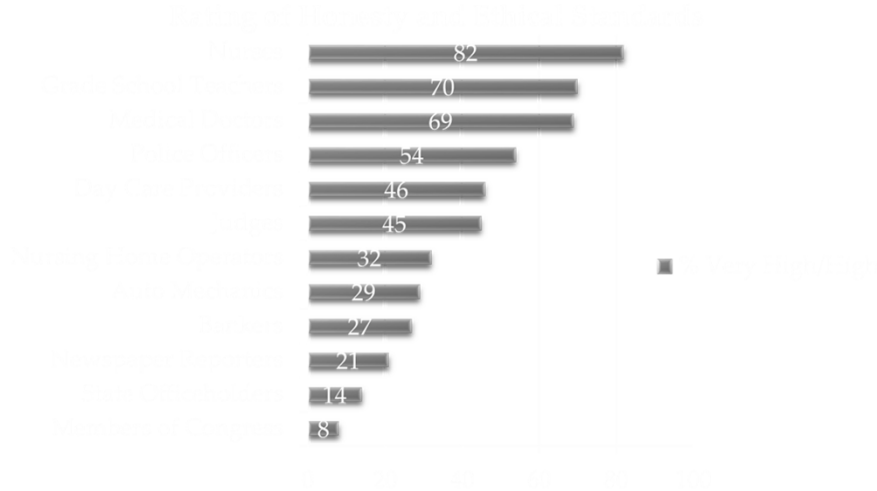
(Red Hook Community Court Study, Frazer 2006)



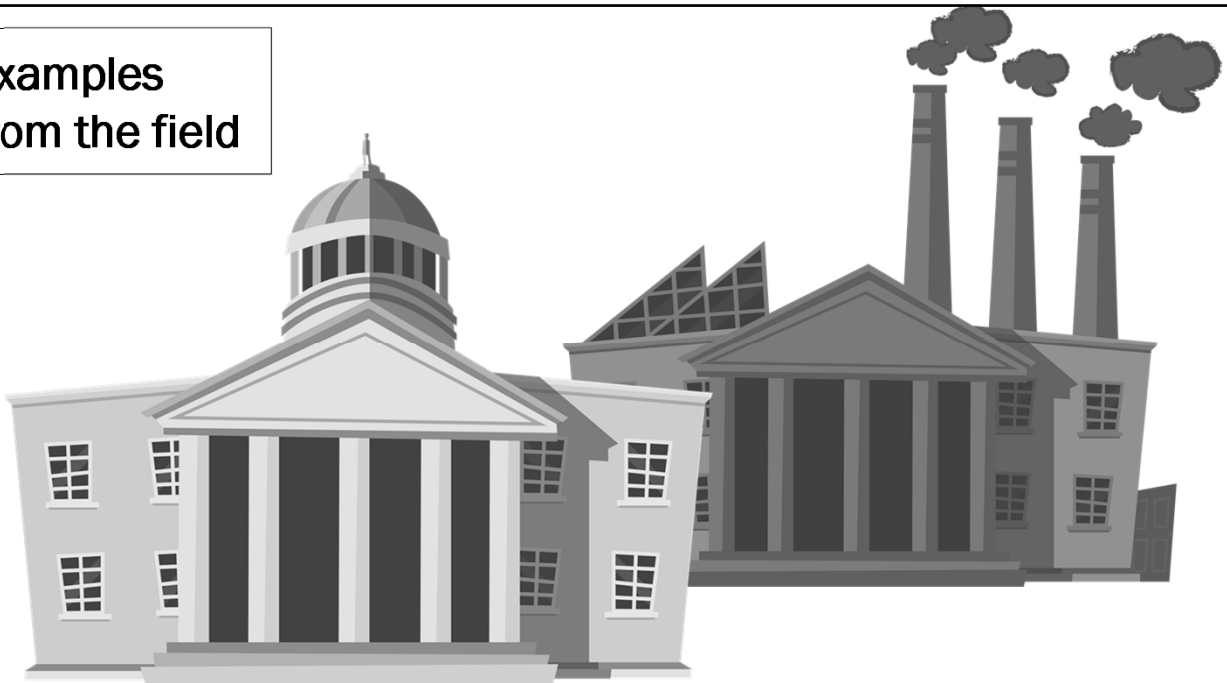
Public opinion about state courts

Please tell me how you would rate the honesty and ethical standards of people in these different fields?

Gallup, Dec. 2013



**Examples
from the field**



**Examples
from the field**

LATEST NEWS

Watch this judge brutally berate a woman in a wheelchair. The woman died. The judge has quit.

Read more here:

<https://www.miamiherald.com/latest-news/article209496684.html#storylink=cpy>


New Jersey judge who told alleged rape victim to 'close your legs' faces 3-month suspension, ethics panel says

Court tirades draw rare discipline for longtime CT judge

How did that feel?

Examples
from the field



Examples from the field	<p style="text-align: center;">Welcome to Judge Smith's Courtroom (Branch #3)</p> <ul style="list-style-type: none"> • <u>Please sign in with the court officer</u> when you arrive. • <u>If you have a lawyer</u>, your case will not be called until your lawyer arrives. • <u>If you have a question</u> about court procedures, please ask a court officer in between cases. <p><u>Si necesita un traductor</u>, por favor diga su nombre y la palabra "Spanish" al agente del corte.</p> <p> Restrooms are available on this floor. Handicap accessible restrooms are located on the __ floor.</p>
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IMPEDIMENTS TO CIVILITY/RESPECT TREATMENT

While there are many factors that may cause the lack of civility in the courtroom, we should be mindful of these:

- Ego
- Secondary Trauma Syndrome
- Decision Fatigue



Secondary Traumatic Stress

- Secondary Traumatic Stress (STS): the emotional duress of hearing about the first-hand, traumatic experiences of another
- Out of 800 judges that participated in a survey by the National Judicial College , 45 percent of responded that they have suffered from STS

Symptoms of STS

- Hopelessness
- Survival coping
- Anger and cynicism
- Sleeplessness or chronic exhaustion
- Physical ailments and illness
- Guilt
- Avoidance



Decision Fatigue

- The deteriorating quality of decisions after an extended period of making decisions. This continuous decision making results in mental depletion.
- It also impairs self-regulation, as an individual's ability to exercise self-control against impulses is significantly reduced during this period.

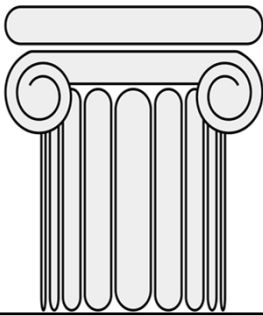
Judge Wellness

“When we prioritize our own well-being, everything else in our life gets better, including our products, including our performance at work, including our success.”

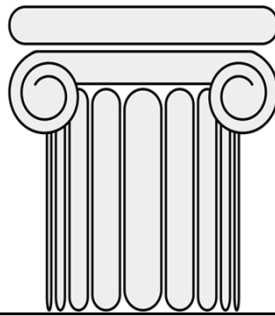
-Arianna Huffington

4 Pillars of Wellness

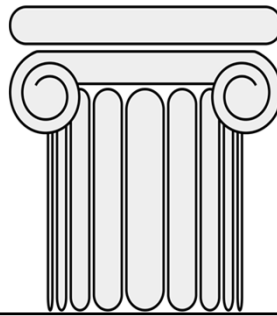
Nutrition



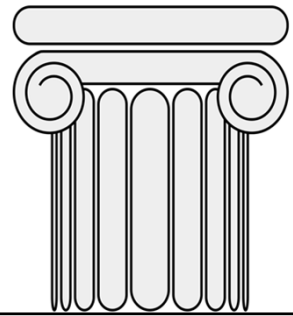
Exercise



Mindfulness



Sleep



Exercise

- A healthy lifestyle requires moderate exercise and daily activity
- 150 minutes per week of moderate exercise is recommended
- Examples of exercising include walking, hiking, jogging, biking, cycling and power yoga
- Take advantage of current technology.



Mindfulness

- It is important to have awareness
- Learning how to manage the impact of stress is essential
- Taking 'mindful' pauses throughout the day calms the nervous system and helps restore perspective
- Meditation can be therapeutic



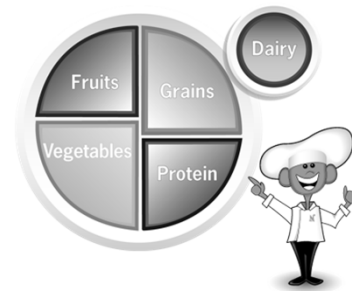
Sleep

- The importance of sleep is often overlooked
- Sleep allows the body to recover
- 7-9 hours of sleep is recommended



Nutrition

- The body needs an intake of nutrients to function optimally
- Food choice affects an individual's health
 - Helps maintain a healthy weight
 - Prevents diseases
 - Supports an active lifestyle
- The following can be incorporated in one's diet: fruits, vegetables, lean proteins, whole grains, and healthy fats



Brainstorming Exercise

- Increasing Respect in our Day to Day Practices
- Overcoming Obstacles to Civility

DISCUSSION
QUESTION:
What are promising practices for each?


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